

St. Luke's Physical & Mental Health Resources

For Students, Families, and Educators in the Pocono Mountain School District

St. Luke's Penn Foundation

MENTAL HEALTH SERVICES



Mental Health resources for students, parents, and educators



St. Luke's Adolescent Behavioral Health Unit

St. Luke's Family Medicine - Tobyhanna

- Well and Sick Primary Care Including Same Day Appointments
- Women's Health
- Pediatrics (2 years and older)

272-639-5461

354 Memorial Boulevard, Tobyhanna



- Wellness 101 Ages 6-Adults
- 130+ short engaging videos
- Topics range from sleep, anxiety, asking for help, bullying, and more

STAR COMMUNITY HEALTH

Monroe Dental Van

- Dental Exams
- Cleaning
- X-Rays
- Sealants
- Restorations
- Minor Extractions

272-212-0793

Bangor, Pocono Mountain, & Stroudsburg



sluhn.findhelp.com

Connect students, families, and staff to vital local resources such as:

- Financial Assistance
- Medical Care
- Food Pantries
- And More



Sports Medicine Department

- Athletic Training
- Sports Performance
- Injury Prevention
- First Aid Emergency Care
- Mental Health First Aid
- Mindfulness
- Physical Therapy
- Sports Psychology
- Nutrition Education



Workforce Development

Students & Adults

- Volunteer Opportunities
- Mentoring Programs
- Skill Building
- Resume Creation
- Job Coaching
- Employment Opportunities



Community Health Workers

Providing Connections to:

- Dental and Vision Care
- Physical and Mental Health Services
- Social Services
- Literacy
- Resources
- PMSD Pantry



For more information, contact Community Health at Community.Health@sluhn.org or 484-526-2100